



UCOOK

Pork Fillet & Creamy Mustard Sauce

with sweet potato wedges, roast cannellini beans & flaked almonds

Succulent pork and luxurious mustard sauce: a foodie dream team! Add a basting of butter and NOMU rub, oven-caramelised sweet potato, and an almond-sprinkled salad, and you're A for away!

Hands-On Time: 30 minutes

Overall Time: 45 minutes

Serves: 2 People

Chef: Samantha Finnegan

♥ Health Nut

🍷 Warwick Wine Estate | First Lady Pinotage

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Ingredients & Prep

500g	Sweet Potato <i>rinsed & cut into wedges</i>
120g	Cannellini Beans <i>drained & rinsed</i>
30g	Flaked Almond
40g	Green Leaves <i>rinsed & gently shredded</i>
100g	Cucumber <i>sliced into thin half-moons</i>
300g	Pork Fillet
10ml	NOMU One For All Rub
2	Garlic Cloves <i>peeled & grated</i>
120ml	Honey-mustard Sauce <i>(10ml Honey, 30ml Wholegrain Mustard & 80ml Plain Yoghurt)</i>

From Your Kitchen

Oil (cooking, olive or coconut)
Salt & Pepper
Water
Tinfoil
Paper Towel
Butter

1. ROAST YOUR WEDGES Preheat the oven to 200°C. Place the sweet potato wedges on a roasting tray. Coat in oil, season, and spread out evenly. Roast in the hot oven for 35-40 minutes until cooked through. Place the drained cannellini beans in a bowl with a drizzle of oil and some seasoning. Toss to coat and set aside.

2. TOASTY ALMONDS & GREEN SALAD Place a nonstick pan over a medium heat. When hot, toast the flaked almonds for 3-5 minutes until golden brown, shifting occasionally. Remove from the pan on completion and set aside to cool. Place the shredded green leaves and cucumber half-moons in a bowl. Toss through a drizzle of olive oil, season, and set aside for serving.

3. POP IN THE BEANS When the wedges reach the halfway mark, give them a shift and scatter over the cannellini beans. Return the tray to the oven for the remaining roasting time until the beans and wedges have crisped up.

4. JUICY PORK FILLET Pat the pork dry with paper towel and lightly coat in oil. Return the pan to a medium-high heat. When hot, sear the pork for 4-6 minutes in total until browned but not cooked through. On completion, baste with a knob of butter and the All For One Rub to taste. Transfer to a piece of tinfoil, pour in the pan juices, and close up tightly. Place on the tray amongst the wedges or on a separate roasting tray if necessary. Roast in the oven for 6-7 minutes until cooked through. Remove from the oven, open up the tinfoil slightly, and set aside to rest for 5 minutes.

5. MUSTARD SAUCE Wipe down the pan and return it to a low-medium heat with another drizzle of oil. When hot, fry the grated garlic for 30-60 seconds until fragrant, shifting constantly. Stir in the honey-mustard sauce and 2 tsp of water until combined. Gently simmer for 3-4 minutes until thickened, stirring occasionally. Season to taste and remove the pan from the heat. Thinly slice the pork and lightly season the slices, reserving the juices from the foil for serving.

6. DINNER IS SERVED Plate up the crisp wedges and cannellini beans alongside the fragrant pork, and drizzle over the meat juices to taste. Pour the creamy mustard sauce over the pork and serve the salad on the side with sprinkles of flaked almonds. You're a natural, Chef!

Nutritional Information

Per 100g

Energy	449kJ
Energy	107Kcal
Protein	7.8g
Carbs	11g
of which sugars	3.9g
Fibre	2g
Fat	2.9g
of which saturated	0.6g
Sodium	120mg

Allergens

Dairy, Allium, Sulphites, Tree Nuts

Cook
within 2
Days